



Jessica Ortner: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you.

Leaving the past in the past can feel impossible when we've been faced with experiences that have left us heartbroken, ashamed, or feeling less than. These memories can often recirculate in our mind and stunt our view of what's possible for ourselves. Other times these experiences are in our unconscious, but nevertheless they are impacting the way that we see ourselves and our future. Today we will gain more clarity around trauma, what it is, how it shows up, and what power we really have. This is a safe space to have an honest look at what is holding us back.

To lead the way we are speaking to Dr. Damon Silas. Damon has been a psychologist for over 15 years, working with a wide range of populations and issues like juvenile delinquents and at-risk youth, children and adolescents on the autistic spectrum, and the active duty military population. Anxiety and trauma, including PTSD, are his specialty areas as well as grief and loss. It is a pleasure to have him back, welcome Damon..

Damon Silas: Thank you so much, Jessica. I am thrilled to be here and I'm honored to be here. I'm excited to talk about this topic with you.

Jessica: Yes, it's a topic that a lot of people might shy away from and my intention with our time together is for people to be able to self-reflect in a safe way and have some clarity about their past and what they're really able to do with tapping. But I have to ask you, right from the start, you are a psychologist. When is it appropriate to take a look at our own past, have that self-reflection, and when is it time to seek outside professional help when we're talking about trauma?

Damon: Sure, that's a great question, because sometimes when people think about their past it brings up a lot, you know a lot of pain, a lot of hurt, a lot of sadness. Some people don't want to necessarily go down that pathway, so I think when somebody is at that point, when they understand that their past is impacting how they show up in the world now, then maybe talking to an outside professional would be very helpful. Now, if it's a trauma history that may not be as intense as, just as an example, as a significant history of sexual or physical abuse, for instance. Then I would say it's



okay to seek that and do the work on your own. But if it's a very intense history that you have then certainly seeking outside professional help would be best. And I got to say this, because I think honestly anybody and everybody could benefit from speaking to a professional at some point in their lives.

Jessica: Yes, and it's so inspiring to see all of these psychologists like yourself beginning to use tapping within their own practice. So you guys definitely exist, which is fantastic.

Damon: Yes, we do, we are out there.

Jessica: So with that, let's focus on this word trauma for a second because some people may hear the word trauma, and that word carries a lot of weight and a lot of meaning, and they might think that they don't have trauma or they simply minimize their own experience. How can doing this really work against us?

Damon: Sure, so I think whenever we start to compare ourselves and our experiences to anybody else's, that's when we start to go down that tricky path, right? Because we're always going to say our typical response is well, I don't have it as bad as them or what I went through isn't as bad as what that person went through, so I should be fine. That typically A, it minimizes what you've gone through and how it does impact you, and it stops you from getting the help and really the traction that you need to move forward and through the trauma and the history that you may have.

Jessica: Right, and you've noticed this coming up a lot with people that you were working with who are coming back from war, is that right?

Damon: Absolutely. And what I would see a lot, which is if somebody had the psychological trauma that they were dealing with, they would compare themselves to the people who were physically injured in combat. They would say, 'Well, I don't have that type of injury so who am I to complain? Who am I to seek help?' I was actually just speaking to a Vietnam veteran yesterday, and it was a very similar process where he was saying in the hospitals there were people who the injuries were unspeakable. So he was saying, 'Who was I to go seek help for this trauma that I witnessed when there were people who were physically worse off than me.' That only does the disservice in the long run to our psyche and our mental and emotional functioning.

Jessica: Right, it only does ourselves a disservice, that's so true. Can you tell us a little bit about this concept of big T and little t?



Damon: Sure, so this is all subjective, so I'm just going to preface it by saying that because everybody's trauma is different, so even let's say I've seen somebody who has been involved in a car accident and he was in the car with three other people. Now, the other three people didn't necessarily develop PTSD or symptoms of it, while he did. It's all subjective and it doesn't mean there's a level of strength that's assigned to yourself, because I think people tend to think that whenever they have these emotional experiences to the traumatic event, that then means somehow that they are weaker than. That couldn't be farther from the truth.

So that being said, a big T would be something that's really overwhelming to the individual, and it's just completely outside any normal event in its intensity and its impact. So we can look at big T as, for instance, a plane crash, the sudden and unexpected loss of a loved one through homicide or suicide, for instance. Maybe it's combat trauma, maybe it's a survivor of a natural disaster. Again, those are just examples of what a big T could be. Whereas those little t are those everyday events, those everyday occurrences that just add up over time. I like to think of it almost as though if we had a pot, just an empty pot with nothing in it, and then each day we started to add in a little pebble. It wouldn't have a lot of weight initially, right?

But over time, if we just keep adding another pebble and another pebble to that same pot, it would become very heavy. That's really what I like to think of when you think about these little t things. It could be just being stuck in traffic. Maybe it's having to go to a new place for work. Or maybe it's even feeling humiliated when you were in school. So maybe it's an example of being called up to the front of the classroom and your teacher asks you to write something on the chalkboard and you don't know exactly what to write. Or you blank out and you just have this moment of fear and panic. That could be an example of a little t that you may not consciously think of to this date, but it still has some sort of impact on your overall emotional functioning.

Jessica: Right, and so when it comes to reflecting on what's holding us back, we definitely want to do this from a place of feeling really safe. So what are some ways that we can address our past while feeling comfortable and safe, without reliving the trauma?

Damon: Great question. First and foremost, moving at your own pace. So it's really important to just honor whatever pace that your mind and your body tell you. I think sometimes we get those signals from our mind and body when it is safe enough and when it's not safe. So really learning how to listen to our mind and body when it comes to this process. Now the other thing that we can do is, for instance,



sometimes I'll have people view their traumas from a distance. In other words, if we could view it and put it out there rather than just keeping it in our minds and our heads, so viewing it from another galaxy, so viewing it from space. Maybe viewing the image of whatever the event or experience was from across the street or across the room. But somewhere distant enough from yourself where it feels safe enough that if we keep it over there, right, then we can still address it.

So that's one of the things that we can do, but the other thing that we can do is really work on grounding ourselves to the present moment. You'll notice how I do some of that in the tapping as we do that work, and I'll talk a little bit more about that as well.

Jessica: Right, so today we are going to learn how to tap on a memory in a way that leaves us feeling safe and comfortable, but before that I'd like to address this concept of feeling grounded, because it seems like if we know how to get grounded then we'll feel more confident to actually do the work because we know that if we ever feel something that's too intense, we know how to get back into our body, get grounded, and feel calm and secure again. So can you talk us through how this works?

Damon: Yes, so grounding exercises are really important in this process. Some people might even call them anchoring. So it's a way to anchor yourself back to the present moment, to ground yourself. And one of the things that you can do is first and foremost, look around the room, wherever you are, and that could be now or it could be in the future. But look around the room and notice three things that you see above eye level. I say above eye level for a reason, because typically when we're reacting to past traumas, we tend to look down. So you want to look above eye level and notice three things that you see. Then notice a couple of things that you may hear in your environment. Then you may notice a couple of things or at least one thing that you can smell, one thing that you may taste.

And then picking something up, whatever it is in front of you, and holding it in your hand and just notice the qualities of whatever that item is. Maybe it's the size, it's the shape, it's the texture, it's the color. But whatever it is about that item, just notice it. And even what you can do is just notice your feet on the ground. If that means moving your feet around, kind of tapping them a little bit, no pun intended, but tapping them into the ground, into the earth, just to notice yourself in the here and now, those are all ways that we can presently ground ourselves to the moment.

Jessica: That's great. So with that, when we're doing tapping we can always go back there. When it comes to actually doing the tapping, is there a way that we can ground



ourselves while tapping? We know that we can look above, those are some great exercises, but how about the actual experience of tapping? Is there something that we can tap on or say that can help us?

Damon: Sure, and what I do is I would love to walk you through at least a first tapping script, just about trauma in general. We can work on that and this is going to be something that we're going to approach kind of from a distance. You'll notice that we kind of go back and forth, but the other thing, Jessica, that I'd like to mention too is for people to have something around them, so it could be a scent, a calming scent, for instance. That could just trigger them that they're here now and they're safe and they're okay. So maybe again it's something that they hold in their hand or it's an image that they can look at and they choose that triggers that reminder of them being safe in the here and now.

Jessica: Perfect. So yeah, let's jump into this experience. I'd love to tap along with you.

Damon: Sure. Okay, awesome. So what I'd like for the listener to do is just think about your general experience with trauma and we'll get more specific later, but just thinking about even the thought of bringing up the trauma and what that brings up, so it might be feelings, emotions, and so just bringing that up. What I'd invite you all to do is start tapping on the side of the hand as you notice just the intensity on a scale of zero to ten, whatever that intensity that's coming up for you right now. I'd invite you to repeat after me.

Side of Hand Even though I have this trauma that might seem too hard to approach
I choose to keep it at a safe distance from me
Even though I have this traumatic history that happened in the past
I still love and accept myself
Even though certain parts of my past have been really challenging
And difficult to process
I choose to approach it with care, compassion
And the reminder that I am safe right now

Eyebrow This traumatic past
Side of Eye This traumatic history
Under Eye This trauma that took place in my past
Under Nose It still hurts to this day
Under Mouth Just the thought of it seems unbearable
Collarbone Part of me doesn't even want to talk about it
Under arm Part of me wants to keep it as far away as possible



Top of Head I want to keep it at a distance

EB All this pain
SE All this fear
UE All this hurt
UN All this pain
UM This event
CB This time in my past
UA This time in my history
TH It was painful then

EB It still is painful
SE Just the thought
UE Still hurts
UN Still is painful
UM Just looking at it from a distance
CB And I choose whatever is safe for me now
UA I don't want to talk about it
TH I'm ready to be over it

EB Choosing whatever feels safest for me
SE Now
UE Even if I didn't have a choice then
UN I have a choice now
UM I choose what works and feels best to me now
CB Part of me is ready to be over that part of my life
UA To work through that part of my life
TH That part of me chooses healing

EB I am open to healing
SE I am open to working through this
UE Because I know to work through this
UN Means I'm beginning the healing process
UM And I'm ready to heal
CB I'm ready to move forward
UA I'm ready to move forward
TH I'm tired of being stuck

EB I'm tired of being ruled by the past
SE I'm tired of how present the past is



UE Ready to create a new present
UN And a different future
UM I'm ready
CB It's safe to do something different
UA It's safe to think something different
TH It's safe to feel something different

EB It's safe
SE I'm safe now
UE I'm safe now
UN I choose safety
UM I'm choosing safety
CB I'm choosing safety
UA Choosing safety

Good. Do me a favor and take a nice, deep breath in, and exhale. Good.

Jessica: Thank you. Damon, correct me if I'm wrong here, but the intention of that tapping is to feel safe, to look closer. We can do it from a distance, but we can give ourselves the chance to really reflect.

Damon: Absolutely. So what I like to do in sessions, especially if it's a little bit too much for somebody to handle just off the bat, what I'll do is start from that distance. Often times what I notice is then specific events start to arise for that person. That's when we can start the process of digging just a little bit deeper.

Jessica: I love that you're bringing this up, because I often hear when someone is feeling overwhelmed in their life or they're really struggling, they may know that there's trauma but they feel completely overwhelmed and they don't know where to start. They don't have clarity as to what was that big event. Sometimes we do, and other times we don't. I love this idea because I know it's true, that when we start by doing the tapping and we feel calm and safe we tend to get that clarity and we begin to notice, oh you know what, I think this event or this memory or this belief is what's really bothering me.

Damon: It happens all the time, and it really amazes me, and even as a clinician, just sitting back and watching that process for people where they start to have those moments of clarity and they say, 'Oh my goodness, I just remembered this event,' just as you were saying, Jessica. Then it gives us some more material that we can now tap on.



- Jessica: Right, now I think this is helpful because now we know that this is a process that begins to unfold. You don't have to sit there and think about every possible trauma and what it could be, you simply start with the work and that makes it a little bit easier and less overwhelming. I was going to ask this question, and I think we might have answered it just now, but I'm going to ask it anyway in case there's more you want to share. When someone looks back at their life and they think about a trauma, sometimes there's more than one event. Sometimes it's more than one event with a certain person, maybe they were in an abusive relationship and so they have many different events. Other times there are different events but with a common theme. A feeling maybe embarrassed or humiliated or anger. So it can be a little bit complex, so how do you navigate that? How do you figure out where you're supposed to start?
- Damon: I think honestly it just takes kind of an artistry to whatever the process may be. For me it's looking at it sometimes as a funnel, so you start wide and kind of go a little bit more, you kind of pinpoint whatever the incident and/or the emotions behind that incident were. Then again, it just depends. You may see somebody who wants to talk about and focus on the specific event. Other times we may focus on the feelings that were behind that event.
- Jessica: Yes, that makes sense and that goes back to what we were just discussing about just simply starting the process and seeing what feels right to you, how it begins to unfold.
- Damon: Right.
- Jessica: I think it's important to say that this isn't you sit down with yourself for 20 minutes and you got it, this is a process. I'm curious as to how do you view healing, with your clients who are healing and growing and expanding. What is healing? How does it look? How does it show up in our life?
- Damon: It looks very different for each person but I think we all know intuitively when that moment comes or when that time comes. It's not saying that you won't have these memories. It's not like with the Men in Black and the flashy thing where you get rid of all the memories. It's not that, it's just having a different response, a different emotional response, to the memory. When you can have that memory pop up for you, yet have a completely different emotional response of distance, then that's when you know that it's healed. It reminds me of a client I was recently working with and she had an image of herself standing at the door, waiting for her dad to come back, and he never came back.



She had all this pain and fear and feelings of abandonment from that event, but as we started to distance herself, as she started to distance herself through this work, after we tapped for one round, she said, 'There's no emotion around it. It's just an event. I can see myself standing at the door, but I don't have the emotional intensity that I had before.' I think that is a great example of just how we can shift our feelings and our relationship to the emotions and the memories from those events so that they become more empowering, or less disempowering.

Jessica: Yes, exactly. So we know that we tap on a memory not to erase the memory, like you said, but to simply release some of the intensity. With all the clients that you've worked with, when someone begins to release the intensity around a past event, are there particular a-ha moments or new perspectives that you see? You still are looking back, it's still a memory, so you're still going to have an opinion about it. How do you find that people begin to look at those experiences differently?

Damon: Sure, so it actually reminds me of a client I was working with not too long ago, and he had a memory of diving off the side of the pool and just feeling this sense of humiliation from his dad because his dad laughed at him. From that point forward, his six-year-old mind determined that he would never do something as brave or as courageous or as out of his comfort zone as that was, because he didn't want to experience that level of humiliation that he felt from his dad and what his dad said to him. But after we did the tapping, again it was like this is just an event. And I don't have to respond to that old image the same way that I have been doing in my adult life.

Jessica: Yes, so you don't have to make that memory mean it's not safe to take risks.

Damon: Correct.

Jessica: I'm happy that you bring up that example. I think it's important to note that some of the things that we learn about what feels safe in taking risks and standing out there could have been experiences that seem really small to anyone else. You could be just dancing around and feeling free as a child and someone simply shutting you down, and then you learn it doesn't feel safe to feel free and dance and experiment. I need to be more structured and try to avoid that criticism that hurt so much in the first place. It goes back to what we were talking about earlier, how we sometimes minimize these traumas because we don't think they're big enough. But we need to see that they actually really do have a huge impact on how we see ourselves in the present moment and what we think is possible for our future.



Damon: Absolutely, and I would actually love to do some tapping work on that, if that's okay?

Jessica: I would love that, yes please.

Damon: Yes, let's do it. Okay, and what I'm going to do is as I go through this process, I'm going to say the words anger, humiliation, or embarrassment. I want the listener to really pick out what word, or maybe there's another feeling that stands out a little bit more to them. But I'm going to say those three and really I want you to just notice which one of those kind of sticks out a little bit more to you, and then apply accordingly.

Jessica: Great.

Damon: All right, good. So what I want you to do is think about whatever that event may be, and whatever the words that you may have heard or whatever the emotions that you may have felt. Notice the intensity on a scale of zero to ten and just take note. As you have that number, let's go ahead and start tapping, tapping on the side of the hand and just repeating after me.

Side of Hand Even though I have all of this anger
Humiliation or embarrassment
About this event
That's at a (and you can fill in your number)
I accept all my feelings about it
Even though I'm so angry
Humiliated or embarrassed
About what was said to me
I accept all my feelings about it
Even though I can't believe someone would say that
To a child
I still choose to accept how I feel
About this situation

Eyebrow All this anger

Side of Eye All this humiliation

Under Eye All this embarrassment

Under Nose The nerve of them

Under Mouth I can't believe they would say something like that

Collarbone To a child nonetheless



Under arm How could they?
Top of Head How dare they?

EB I was just a child
SE All this anger
UE All this hurt
UN All this humiliation
UM They should have been there to support me
CB To protect me
UA To nurture me
TH They did the exact opposite

EB Their words hurt
SE Their actions hurt
UE They didn't nurture me
UN They didn't protect me
UM At least that time
CB They let me down
UA They laughed at me
TH They hurt me

EB How could they?
SE I can never forget it
UE I refuse to forget it
UN I refuse to forgive them
UM I choose to hold on to my anger
CB I choose to hold on to my embarrassment
UA I choose to hold on to this humiliation
TH Because they serve as a reminder

EB For me to never do those things again
SE They remind me of the hurt I felt then
UE They remind me of the pain I felt then
UN What if I choose to let go of these feelings?
UM What then?
CB Does that mean I'm okay with what was said to me?
UA Does that mean I'm okay with what was done to me?
TH I'll never be okay with that

EB I'll hold on to those feelings



SE	I'll wait for an apology
UE	I'll hold out for them to say their sorry
UN	And what if I never get that?
UM	I'll be holding on these feelings for a long time
CB	I'm willing to do that
UA	Or am I?
TH	Do I really want to hold onto these feelings?
EB	Or am I ready to begin the process of releasing?
SE	What if I let go of that anger?
UE	What if I let go of the embarrassment, humiliation?
UN	What if I could let those feelings go?
UM	What possibilities would that open up?
CB	It will never change what happened
UA	But it could change how I respond now
TH	To what happened then
EB	It could change how I respond
SE	I'm not that child anymore
UE	I get to choose how I respond
UN	I'm not in that situation anymore
UM	I'm free to choose
CB	I'm free to respond however I choose
UA	And I choose something that feels better
TH	I'm tired of those old feelings
EB	That old hurt, anger, humiliation, embarrassment
SE	Tired and
UE	Ready for something new
UN	Ready for something different
UM	I no longer have to respond that old way
CB	I get to choose peace
UA	I get to choose confidence
TH	I get to choose empowerment
EB	If I choose
SE	As I choose
UE	How I choose
UN	Choosing peace
UM	Choosing confidence



CB Choosing empowerment
UA Choosing me

Good, do me a favor and take a nice, deep breath.

Jessica: Choosing me, I love that Damon, thank you. Now I invite those who are listening to check in, to notice that number, that humiliation, that anger.

Damon: Absolutely. I know that was a lengthy one, right? I wanted to make sure that I encompass the experience that I see for a lot of people, is holding on to those feelings and then being able to choose something different.

Jessica: Well you brought up something interesting, which is this idea that I have to hold on because I was hurt in order to protect myself from it not happening again. I think this is something that happens a lot. We don't want to forgive. We want to stay angry because if we stay angry maybe we can prevent something like this from happening again. Can you kind of talk us through why that doesn't actually work?

Damon: It just doesn't. It reminds me of something I read recently where it talked about how useless even anxiety is, because this worry about something that may or may not happen in the future doesn't change how things have already happened and will unfold regardless.

Jessica: Right, and you're almost seeing everything within this lens. When you're so scared of something happening again, you're so focused on it that you create it.

Damon: Right, and it's that whole concept of where focus goes, energy flows. If you're so focused on somebody not hurting you again, the odds of that happening again are pretty high.

Jessica: Yes, and you know while we were tapping a memory came up for me. This is our 12th Tapping World Summit, I think, and I've been doing this for years. I do a lot of inner work, but I think it goes to show that the work is never done. There's always different aspects that can come up. Damon, I had this memory and I have not thought of this for so long, but I was in high school. I was a freshman, and I was a little bit insecure because I always had to work and buy my own clothes, so money was a bit tight. Jeans were just so expensive. Jeans were just crazy expensive and I didn't have a lot of pairs of jeans. I remember this girl in health class. I remember exactly where I was standing, I remember who was around, and she made a comment in front of everybody about how I was wearing the same jeans again. I'd



worn them a few days in a row, and she made this snotty comment about it.

And I have not thought of this for years and years and years, but it came up and I think it just made me reflect, and this is just interesting how the mind works. We have these events and they can be a little t, but we remember it's like there's something in our psyche where I can forget a lot about high school but I can tell you what I was wearing, who was there, how I felt. They get kind of burned into your mind because you have that moment of humiliation. How that is impacting you on a daily basis without you even realizing it, because it's not a memory that you think about often.

Damon: Oh my goodness, I'm over here just nodding my head, and just letting the listeners know, as you said, this is not something that you had even thought about. I think that's a perfect example of how we tend to minimize or don't even think about some of these events until we're doing this tapping work that come up. It's like oh my goodness, that was traumatic for me. That hurt, that was hurtful to hear that. And your subconscious holds on to that, somewhere, somehow, it holds on to that. That's where the beauty of being able to tap on something like that comes in.

Jessica: Yes, and I want to talk about healing in general and doing this work because I have found with myself and with clients I've worked with that you can make a lot of progress on an issue, on a certain trauma, and then all of a sudden there is a different aspect. Maybe it's not the same intensity as it was before, but you're going through your day and something triggers you because your boss makes a comment that reminds you of the way your mother would speak to you when she was angry and all of a sudden you're like wait, I thought I had worked so much on my relationship with my mom, why is this coming up again? Can you just talk us through the way that you see healing and the healing journey?

Damon: Sure, if I can use your example that you just gave, because I think you talked a little bit about some of the different aspects that came up for you, which is you could see what was going on around you. You can feel what you were feeling in that moment, you know what you were wearing. All of those things are different aspects. You can hear her tone of voice as she said, 'You're wearing the same jeans again.' So all of those different kind of sensory things that you noticed are all separate aspects of the same event. It's important to make sure that we work through each of those things. Sometimes we can just kind of eliminate or resolve whatever that pain and history may be very quickly, but sometimes those different aspects might come up and pop out a little bit more for somebody. That just means that there's still a little bit more work to do, but we're still on the right path.



Jessica: Yes, definitely, and I think it's important to use words like 'path' because what I have found, I think the downside of the personal help world, personal development, is that somehow we have gotten this idea that if we do enough work there will be a moment where nothing ever bothers us and we're Zen 100% of the time and we reach enlightenment, so then every time a past event triggers us, we look at ourselves and we feel disappointed, like I failed. I've been doing this work for so long, this still shouldn't bother me. I think that's such a disservice because part of the human experience is about evolution and navigating. I have yet to meet anyone who is peaceful and happy 100% of the time. That pressure is debilitating.

Damon: Yes, and if I can speak about my client again yesterday, because I think that's exactly what came up for him. He said, 'Fifty years later, here I am still feeling the same things, and I feel stupid. I feel stupid for feeling this way.' So we actually started off with that. We're not even starting with the trauma, we're just starting with the feeling of oh my goodness, how can I still be holding on to this? But then I asked him how would you not? What tools and what skills were you given to appropriately process those traumatic events? Nothing. So how would we be expected to resolve those things on our own, just through our conscious thought?

That's not how the brain works. I think sometimes if those feelings come up for people, whether it's the feeling of stupidity or feeling of embarrassment that they still haven't processed, or those things keep coming up for them, I think that's just more information. That's just more knowledge for you to say, 'Okay, I still have a little bit more work to do.' But you're right, we're never done. We're never done. I think once we get to that understanding of there's always some work to do, and not to be daunting, not to give people this idea that it's just this uphill battle all the time. It's not that, it's just a different level of awareness and peace about whatever it is that may come up for you.

Jessica: Yes, absolutely. I love that, that's so interesting. I think a lot of people can relate, of feeling like something's coming up and then having the judgment of oh, I'm so stupid, I shouldn't still feel this. We have some time, I would love to do some tapping on that.

Damon: Yes.

Jessica: Damon, before we jump into that though, I do want to recap a little bit because someone is doing this work. We've already learned that it can be very powerful to do this work from a distance. So when you're tapping, imagining the event further



away. You did the example of another galaxy. Do you have any logical tips? If we have to go all right, I'm going to do some tapping, I'm going to start this process by myself, how do I figure out the right words to say and how to craft a script that works best for me?

Damon: I think first and foremost, noticing how far or how close that event can be so that you put those words to it. But I think just starting with, 'Even though I have this event.' Even though I have this event and these feelings surrounding this event, I'm okay right now. I choose to be okay, I accept myself. So whatever feels most comfortable for the listener, I think that's going to be what's most important.

Jessica: Then when they're tapping on the event, and they're tapping from a distance, are they describing what happened or how they felt?

Damon: It's almost like, I like to think about it as - and this might be almost passé, but we had the DVD booklets or the DVD containers and it's almost like if I had the DVD of my life in there, how close or far could I keep that? I think thinking about it like that could be helpful for some people before you even actually look at the specific events themselves.

Jessica: Right, so we can even, I do know that the mind does love metaphors. You could visualize that DVD set of your life. Imagine it, and kind of focus on that while you're tapping, is that right?

Damon: Yeah, and/or you may be familiar with the movie technique, but rather than looking at a specific clip of a trauma, what somebody can do is actually imagine themselves being the observer of that movie. So if you were sitting in a movie theater, you're there watching that movie. You're not an actual player or actor in the movie. But even further, to continue to separate yourself from that incident, what you can do is then imagine yourself kind of floating into the projection booth up above and watching yourself as the observer of that movie. You're almost removed twice from the situation, if that makes sense. I know it may be kind of hard to comprehend initially, but that is something that can be done as well.

Jessica: We'll put more of those details and guidance around that within the workbook. But what's amazing about what you did is the tapping that we previously did was general enough that anyone can tap and imagine. I was tapping along and imagining my own experience, even though I was following along with your words and you had no idea what my experience was. You were focusing on those feelings of humiliation and focusing on those feelings that worked so well with my situation. The point is



that's why doing the tapping together in this interview is so powerful, to actually have an experience.

Damon: Yes.

Jessica: So Damon, with that, I would love to do some tapping. You brought up this example of tapping with someone who was really frustrated with themselves that they weren't over the trauma or feeling stupid for even having it. It's so easy to judge ourselves when we're having a hard time, and sometimes we have to start by addressing that judgment in order to go on this journey of greater healing. So can we do some tapping on that judgment that comes up?

Damon: Absolutely, let's do it. So just noticing, and I invite the listeners to just notice that level of judgment that does come up and how intense it feels. You may notice it in a certain part of your body. You may notice it in your mind, but however that judgment comes up for you, just take a note of it at zero to ten, the level of intensity. Go ahead and start tapping on the side of the hand, and just repeat after me.

Side of Hand Even though I've been judging myself
This whole time
I can't believe this still bothers me
And I'm still open to peace and resolution
Even though I'm mad that this still bothers me
I'm open to peace
Even though a part of me
Can't believe it's taken this long
To get over this event
I am still open to peace

Eyebrow This anger
Side of Eye I can't believe I've been judging myself
Under Eye I can't believe it's taken so long
Under Nose To get over this
Under Mouth All this anger at myself
Collarbone I can't believe it's taken so long
Under arm I keep judging myself
Top of Head For not getting over this

EB I feel stuck
SE I don't want to be mad at myself



UE I should be mad at myself
UN It's been so long
UM And that event
CB Wasn't that intense
UA Wasn't that traumatic
TH It was traumatic for me

EB At that time
SE It was intense for me
UE At that time
UN It's okay to have an emotion
UM It's okay to have a response
CB To that event
UA I'm human
TH I have emotional responses

EB To events that bother me
SE It doesn't matter
UE If we label it traumatic or not
UN That's just a label
UM How I felt it
CB Is exactly how I felt it
UA And I choose to honor
TH All of my feelings about this

EB I choose to honor
SE My process
UE I choose to honor
UN The path that I have taken
UM And even though it may have taken a while
CB It's right on time
UA The timing is perfect
TH If I knew then what I know now

EB Maybe I would have tapped on it
SE But I didn't know then
UE And I know now
UN And I know that tapping
UM I know that taking a deep breath
CB I know that being grounded



UA Can help
TH Process all of these events

EB All of these feelings
SE And I choose to honor each and every one of them
UE As my experience
UN And I choose compassion
UM I choose care
CB I choose love
UA As I think about the past
TH And how it's impacted me

EB It's made me who I am
SE And I choose to be okay with that
UE I am okay with that
UN I'm still learning
UM I'll always be learning
CB And I choose to honor my learning process
UA I choose to honor myself
TH I choose to honor my memories

EB In a way that's safe
SE In a way that feels good
UE In a way that feels best to me
UN Now
UM I choose to honor my process
CB I choose care and compassion and love
UA For all of my experiences
TH And who I am

Good, do me a favor and take a nice deep breath in.

Jessica: That was great, thank you.

Damon: Yes, just notice what comes up. What do you feel? What do you experience?

Jessica: I can tell you that I'm experiencing a softness, and it's from that softness and that compassion that doing this work becomes easier and more exciting and the path becomes more clear. Damon, I am so grateful for you for leading us down this path and for helping us begin our healing. Thank you so much for being with us.



Damon: It's been my honor and pleasure to be here with you all. Thank you so much, Jessica, for having me.